

What is claimed is:

[Claim 1] 1. A temperature indicator comprising:

- a. a tube which is at least partially transparent;
- b. said tube having printing and markings on the exterior of the tube indicating various temperature level ranges;
- c. said tube filled mostly, but not entirely, with a substance that thaws at a desired temperature ; and
- d. said tube containing a float, wherein said float comprises:
 - i. a soft material such as closed cell foam for float material;
 - ii. an indicator ring adjacent to one end of the said float material; and
 - iii. a screw that acts as a weight for the said float and secures the said indicator ring to the said float material.

[Claim 2] 2. The temperature indicator according to claim 1, wherein the said printing includes graduations indicating the actual temperature levels reached.

[Claim 3] 3. A method for monitoring and verifying the temperature of the contents of a container over time, comprising the steps of:

- a. sealing a liquid and a float inside of a tube that is at least partially transparent;
- b. marking the exterior of the said tube with temperature zones;
- c. turning the said tube upside down so that the float falls down to the top of the said tube;
- d. freezing the said liquid in the said tube by reducing the temperature to less than the desired freezing level;
- e. placing the said frozen tube top side up in a container;
- f. removing the said tube from the said container at a later point in time;

- g. viewing the position of the said indicator ring in the said tube relative to the said temperature zone markings to determine the temperature of the inside of the said container; and
- h. either repeating steps c through g above or replacing said tube back inside of said container.

[Claim 4] 4. The method according to claim 3, wherein the said marking on the exterior of the said tube includes graduations indicating the actual temperature levels reached.